



Next meeting:

October 14th

**Meeting
with Zoom**

Speaker:

Fred Harrison -
CEO IGA/Ritchies

October 21st

**Meeting
with Zoom**

Speaker:

Elli Adams -
Nepean Centre

October 28th

**Meeting
with Zoom**

Speaker:

Tony Bellette -
Blackwood Outdoor
Education Centre

Board 2019-2020:

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John Albery

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Bob Smith

Club Service:

Mark Rees

President's Report:

Hi All

Wasn't it great to hear from our sister club Christchurch Sunrise from across "the ditch". Their president David Watson filled us in on what our counterparts are doing now that they're out of lockdown, the lucky buggers have been having face to face meetings for 6 weeks, aaahhh wouldn't that be nice. Lets hope we get good news this week from "Daniel" so as we can get back to a proper normal meeting's. (Do you think any parents will name their new kid 'Dan' or 'Daniel' in the foreseeable future?)

They seem to be going reasonably well as a club with approx. 50 members and their mainstay fundraiser of carparking marshalling is still going strong, and their other community programs such as the Bamford school and Circus Quirkus (which we have in Australia as well) among others still keeps them busy and connected with their community.

Looking forward to catching up with Fred Harrison (Paul Harris Fellow) from Ritchies IGA this week to get his views on how the Pandemic has affected their business and what he sees going forward.

Thanks to Reesy again who is doing a cracking job on program.

Tony Bellette from Blackwood has been in touch on a couple of fronts, one being the likelihood of us supporting the Blackwood golf day if it gets off the ground, Roscoe is handling that and two wanted to look at options of redoing their bunkbeds at the school.

Macca had mentioned a request for fundraising ideas and a few members have come back with Virtual Fundraising ideas which seem all the go at the moment. If anyone else has any ideas worth looking at please let Macca and his committee know.

Fingers crossed for good news on Sunday !!! Enjoy the week.

Cheers

Shane

Blackwood Golf Day:

Correspondence received from Tony Bellette

G'day Golf Players,

We hope everyone is safe and well and looking after themselves and their families through this unique point in Global History.

We have had a number of conversations at Blackwood about our Annual Golf Day and we would like to Implement the day in whatever format suits the current restrictions and requirements at the time, and we are currently, along with most people, waiting for Government announcements which will come into effect on Monday 19th October before we finally decide what to do.

However, we thought we would ask you.

Each year our split between Regional & Metro participants and volunteers would be close to 50/50.

While we haven't seen students at Blackwood since March we are very happy that we can welcome back Rural & Regional Schools this term and are currently communicating with Schools to help them implement day & residential programs for their students.

Therefore, if we meet all restrictions, regulations, requirements and we can host a Golf Day at Trentham Golf Club on Friday 4th December 2020 would you be willing to consider joining us to celebrate everything Blackwood Special Schools Outdoor Education Centre for the day? While there would be an entry fee associated with the day, the focus would be to celebrate Blackwood, have fun, be outdoors and enjoy a round of golf.

We look forward to hearing from you and hopefully seeing you in December.

Stay safe, happy, healthy & active while looking after yourself and your families.

Enjoy a fantastic day.

Yours Sincerely,

Blackwood Staff



Blackwood Special Schools Outdoor Education Centre Staff

A destination for exploration

Burnout:

A lot of us would be feeling pretty stressed at the moment, either with work and or life constraints. If any of the below resonates with you please talk to another member or the board. We're here for you and we'll get through this together!

Burnout is a mixture of professional exhaustion, and disillusionment with other people, the organization, or the career, over the long term.

So, what's the difference between stress and burnout? Although the two share some characteristics, there are distinct differences: Stress is often relatively short-term, and it is often caused by a feeling that work is out of control. You might experience stress several days in a row, especially when you're working on a large project or under a tight deadline.

However, once the situation changes, stress often lessens or disappears entirely. (Stress can affect you over the longer-term, however, if you're consistently experiencing these things.)

Burnout often takes place over a longer period. You might experience it if you believe your work is meaningless; when there's a disconnect between what you're currently doing and what you truly want to be doing; or when things change for the worse – for example, when you lose a supportive boss, or when your workload increases beyond a sustainable point.

You go through "the motions" instead of being truly engaged. Over time, this leads to cynicism, exhaustion, and, sometimes, poor performance.

Symptoms of burnout include low energy, a loss of interest in your work, and irritability with colleagues or team members. As such, it can cause low productivity, high absenteeism, low creativity, and even health problems.

To avoid burnout, follow these tips:

Work with purpose.

Perform a job analysis, and eliminate or delegate unnecessary work.

Give to others.

Take control, and actively manage your time.

Get more exercise.

Learn how to manage stress.

Remember, if, at any time, stress and burnout are causing you to worry about your health, seek the advice of an appropriate health professional.

Information for this article comes from: <https://www.mindtools.com/pages/article/avoiding-burnout.htm>

Birthdays &
anniversaries this
month:

1/10/1942

Keith Norris 78

2/10/1955

Cliff Leckning 65

4/10/1946

Peter Richards 74

Coming Events/Save the Date!:

Monday 2 November - 30 November

Blackwood Virtual Super Ride

Saturday 28 November, 2020

Bunnings BBQ - TBD

Friday 4 December, 2020

Possible Blackwood Golf Day with adjoining working bee

Monday, March 15, 2021



Macca has advised that we have booked our 2021 corporate charity golf day back at Peninsula Kingswood Country Golf Club for Monday, March 15, 2021!

Mark it in your diaries!

More information to come!

Stay tuned for 2021 date!

Children of Ghana Charity Ball

Mornington Race Course

Tickets: \$149 per head

Looking for sponsors, donations and full club attendance

Rotary's 4 Way Test:

1. Is it the TRUTH?

2. Is it FAIR to all
concerned?

3. Will it build
GOODWILL &
BETTER FRIEND-
SHIPS?

4. Will it be
BENEFICIAL to all
concerned?

Director's Reports:

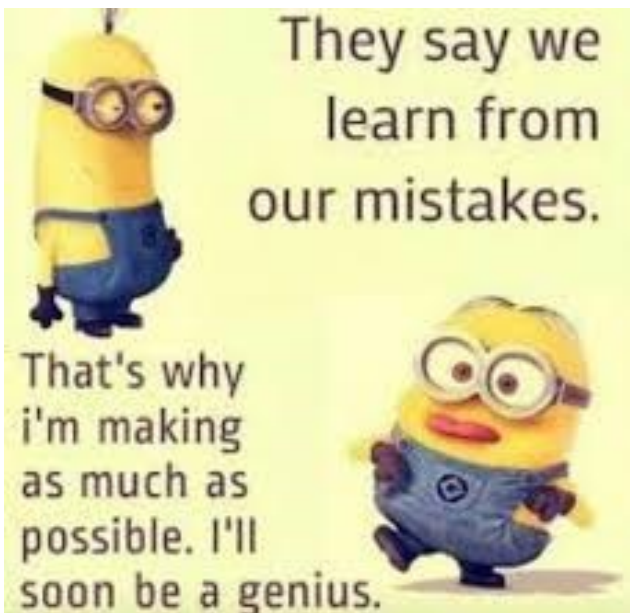
Community Service:

Spoke to Tony during the week and the golf day depends on relaxing of restrictions. If there is golf at Trentham (in whatever form it may take) there will be the opportunity to have a working bee at Blackwood on the Saturday, there is plenty for us to do up there according to Tony.

Also talking to Steve at CSF they are still planning to pack Christmas hampers on 8, 9 and 10th December and there may be the need to help with delivery. He will keep us in the loop.

- Director Ross A.

On the Lighter Side:



**Where are average
things manufactured?**

**The
satisfactory.**



I told my wife she was drawing
her eyebrows too high.
She looked surprised.

BOREDPANDA.COM

What in the World:



On this day in... October 14:

Event: **1892** - Arthur Conan Doyle publishes "The Adventures of Sherlock Holmes" collection of 12 stories originally published serially in "The Strand Magazine". **1916** - 1st PGA Championship Men's Golf, Siwanoy CC, Bronxville, NY: Englishman Jim Barnes defeats Jock Hutchison by 1 hole in the 36-hole final. **1926** - A. A. Milne's book "Winnie the Pooh" released. **1964** - Martin Luther King Jr. announced as winner of the Nobel Peace Prize. **1968** - 6.8 earthquake wrecks Australian town of Meckering, rupturing all nearby major roads and railways. **2019** - Nobel prize for Economics awarded to Esther Duflo, Abhijit Banerjee and Michael Kremer for research on ways to fight poverty.

Births: **1888** - Katherine Mansfield (Katherine Mansfield Beauchamp Murry), New Zealand short story writer (The Garden Party). **1906** - Hannah Arendt, German-American political theorist and historian (Origins of Totalitarianism). **1912** - Jack Crapp, English cricketer (England batsman 1948-49). **1927** - Roger Moore, British actor (The Saint, James Bond). **1940** - Cliff Richard [Harry Webb], English rock vocalist (Suddenly).

Deaths: **1958** - Douglas Mawson, Australian Antarctic explorer. **1959** - Errol Flynn, Australian actor (Captain Blood, Robin Hood). **1977** - Bing Crosby [Harry Lillis Crosby], American singer and actor (Going My Way). **1983** - Willard Price, Canadian author and naturalist. **1986** - Keenan Wynn, American actor (Dr Strangelove, Absent Minded Professor). **1986** - Mary Lund, American woman first to receive an artificial heart. **2019** - Harold Bloom, American literary critic, 'the most notorious literary critic in America'.

Please remember to invite your friends to like the club's Facebook page.
- Plus when you see a new post, Like the post and share it with your friends!

Link: <https://www.facebook.com/rotaryfrankstonsunrise>